The
FORUM
A Magazine for Thinking Americans

JANUARY, 1918

Edited by H. THOMPSON RICH

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FEBRUARY, 1918

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[ADVERTISEMENT]

Disease Is a Luxury, Not a Necessity

By R. L. Alsaker, M.D.

R. L. ALSAKER, M.D.

Dear Doctor:—I have read several of your articles. In nearly every one you have repeated the statement, "Disease is a luxury, not a necessity." It is contrary to everything I have learned about disease. Germs cause many diseases, and how can we protect ourselves against them, when they are everywhere?

Our family lives simply and moderately. I seldom use liquor, and don't smoke more than three or four cigars a day. Our food consists mostly of cereals, bread, potatoes, and meat. My wife takes coffee only with her regular meals, and does not drink tea in the afternoon, as some of our friends do.

Still we are not well. I have high blood pressure and arteriosclerosis. My wife has had rheumatism off and on for years. One of our children has catarrh. There is nothing luxurious about disease in my family. It's an infernal nuisance. My opinion is that people *will* get sick no matter what they do, consequently disease is a *necessity*.—E. T. G.

THIS is about what I believed years ago, until I found the truth. Now I know disease is a luxury. It is *unnecessary*. We have to break nature's laws to get it. We can get along without it. An individual can live from childhood to old age without suffering from disease, barring accidents. This is no theory. It is a fact that everyone can prove for himself. I don't ask the writer of this letter to take my word for it. He can prove it in his own case, in his own family—and I have told him how.

Germs cause disease, it is said. If this is true, why don't all take the diseases to which they are exposed? During an epidemic of influenza, why don't all get it? Why have I not had influenza in the last decade? I have been exposed to it hundreds of times. The reason is that germs are not the real cause of disease. *They can harm only those who are already run down physically.* Those of us who give ourselves proper care can smile complacently at the germs and the germ theory. Health is the normal condition, and intelligent care of body and mind will bring health.

Here is a family living as many families do. There is not a healthy member in the family, and this is not exceptional. What is the trouble? The living is such that these people can not get rid of the waste made in their bodies. The child doubtless gets too many sweets and swallows his food without thoroughly masticating it. Bread, meat, and potatoes, with a liberal addition of sweets, manufacture heat and energy, but they are not the proper foods for health building in youth.

The parents are middle aged and they live too exclusively on the staple foods mentioned. They make the same mistakes that nearly all commit: They eat foods for their feeding value exclusively, and forget to eat foods for their health value. Apples and lettuce, for instance, are not high in food value, but they are rich in health value. They help to keep the body sweet and clean.

Catarrh, arteriosclerosis and rheumatism indicate that the body is not internally clean. They show that waste is clogging the entire system. There is an excess of waste in the muscles, joints, nerves, blood stream and the bowels.

Nearly all cases of arteriosclerosis are curable, and as the arteries soften the blood pressure goes down. Rheumatism vanishes when the body is cleared of poisonous waste. Catarrh in youth is based on wrong feeding; correct the eating and the catarrh disappears.

This is so easily proved that it is to the advantage of all to give it a fair trial. Give the body good care and learn how to eat properly, and nearly all diseases vanish, even most of those that are considered incurable. You may have consumed great quantities of drugs without benefit, and still be curable. Drugs don't cure; they simply change the symptoms and conceal the pains. The body is not built of mercury, strychnin, arsenic, opium and other popular drugs, and none of these are needed.

To have health one must know how to select the right kinds of foods, how to prepare and combine them, what and when to drink, how to use the lungs and how to care for the body in general. About nine-tenths of the subject of health consists in proper eating. Those who live on bread, meat and potatoes almost exclusively can not have good health, for these foods do not contain enough of the natural purifying, cleansing elements to keep the body in good condition.

The body is built of food, water and air. It is influenced by our surroundings and our thoughts. If we use our brains to good advantage we can live so as to have health. Instead of living so as to build rheumatism, catarrh, arteriosclerosis (and other diseases), we can conduct ourselves so that health is ours every day.

The fact that we can recover from disease is in itself proof that we can live free from disease. Another proof is that thousands of individuals who used to be ill have learned how to live properly and are enjoying health every day.

Do you wake up in the morning feeling dull, or do you have a bad taste in your mouth? Is water ever disagreeable to you? Do you have coated or furred tongue? Do you have heartburn, gas in the stomach and bowels, or burning or tenderness in the region of the stomach? Is your right side sore? Do you suffer from twinges of pain? Do you have stiff joints or rheumatism? Are you dizzy or a sufferer from headaches? Are you bothered with catarrh or constipation? Do you find it hard to concentrate your mind? Do you have that tired feeling? Have you shortness of breath or oppression in the region of the heart? Do you ever have blotches, pimples or boils?

If you have any of these signs and symptoms of disease, it is conclusive evidence that you are not giving your body the proper care and attention.

The question is: Do you really want health?

Disease is a luxury, not a necessity.

Forum readers of the above article will at once appreciate the fact that Dr. Alsaker knows his subject from the ground up—knows it so well that he does not need to use a lot of so-called scientific expressions and many mysterious assertions to hide any want of knowledge. Dr. Alsaker is a regular medical graduate, a physician in active practice and as the N. Y. Tribune says "a competent professional authority." Dr. Alsaker's work is constructive and takes the form of personal consultations, letters of advice, public lectures, magazine articles, health books, pamphlets, etc. Building Health, a most interesting booklet, together with a descriptive list of Dr. Alsaker's works, will be sent absolutely free to any reader of this publication. FRANK E. MORRISON, PUBLISHER OF EDUCATIONAL HEALTH BOOKS (Established 1889), Dept. 120, 1133 Broadway, N. Y. C.

The
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MARCH, 1918

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Some Contributors to the March Forum

HARVEY D. GIBSON is the General Manager of the American Red Cross and one of the most prominent men behind that great organization of mercy. He was formerly President of the Liberty National Bank of New York.

SAMUEL GOMPERS is known throughout the world as a leader of men. He is President of the American Federation of Labor and is one of the most potent personalities in the labor situation.

WILLIAM A. BRADY'S name is familiar wherever motion pictures are shown—and that is almost everywhere. He is the President of the National Association of Motion Picture Industry, one of the most active exponents of "better pictures."

GUSTAVE HERVÉ is a foremost French socialist and political writer, the editor of La Victoire. He has had a great deal to do with controlling and moderating the era of socialism that swept over France following the outbreak of the war.

ACHMED ABDULLAH, the author of the exceptionally vigorous and dramatic short story of real life in the present issue, is one of America's foremost younger fiction writers.

GARDNER L. HARDING, author of "Present Day China," "Tsing-tao," etc., was formerly connected with the editorial staff of Everybody's Magazine and is now a Lieutenant in the United States service.

MAJOR MADAME SAINT CLAIRE STOBART is a woman who, as one of the medical corps in the historic retreat of Serbia before the invading Hun, was given the unique honor of a high army commission.

The
FORUM
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APRIL, 1918

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SPECIAL ANNOUNCEMENT FOR MAY FORUM

An Article of Vital Importance to Every Woman . . MARY AUSTIN
A Condition in France of Interest to Every American . ANNE MORGAN
What Dewey Feared at Manila Bay . . . . . EDWIN WILDMAN

Manuscripts (not exceeding 4,000 words in length) should be addressed to the Editor of The Forum, 118 East 28th St., New York, and should be accompanied by stamped addressed envelope for return.

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Some New Contributors to April Forum

United States Senator Lee Slater Overman, the author of the Overman Bill for co-ordinating Government war conditions, and the exponent of President Wilson's policies in the Senate, has complimented THE FORUM by contributing the first article he has given for six years, for publication. Senator Overman was President of the Democratic State Convention in 1900, and presidential elector at large in 1900. He is a trustee of the University of North Carolina, and Trinity College.

The Right Hon. Sir George Reid, G.C.B., G.C.M.G., M.P., was formerly Premier of Australia, and First High Commissioner for Australia in London. He is now Member of Parliament for St. George; Hanover Square, London. Sir George has recently delivered many addresses in the United States, concerning British and Colonial efforts to win the war, testifying also, to the loyalty and solidarity of the British Empire, and the gratitude all Britishers feel for that new gospel of humanity, which was embodied in the War of Independence, and the American Constitution. He has returned to London.

Mary E. Wilkins Freeman's fame as a writer of characteristic American fiction needs no introduction. She is known the world over for the lovable types and dramatic narratives of the every day life of real people.

Former Attorney General of the United States John W. Griggs was a member of President McKinley's cabinet, previous to which he was Governor of New Jersey. He has been a member of the Permanent Court of Arbitration at The Hague since 1901.

Former Ambassador to Austria-Hungary, Frederic Courtland Penfield, is a distinguished writer and diplomat, decorated by many European rulers. He was Consul General and Minister Resident to Egypt and has occupied many responsible posts for the United States Government.

Baroness Franziska Von Heddemann was court dressmaker to Queen Mary of England and the Czarina of Russia, Queen of Roumania and has placed her imprint upon European court fashions for a quarter of a century. She is the author of "Love Stories of Court Beauties." She is now residing in America.

President Emeritus Charles W. Eliot of Harvard University;

Dr. Jas. J. Walsh, eminent author and physician;

Prof. Charles B. Davenport, Director for the Department of Experimental Evolution, Carnegie Institute.

Dr. G. Stanley Hall, President of Clark University;

Dr. Harvey W. Wiley, formerly of the U. S. Bureau of Chemistry;

Dr. William A. White of the Government Hospital of the Insane;

Dr. Eugene Lyman Fisk, of the Life Extension Institute; and

Hon. William Jennings Bryan, contributors to the Symposium, "Can Man Stop Drinking?" are all National figures of familiar fame to American readers.

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Some New Contributors in May Forum

United States Senator Reed Smoot, who contributes his views upon "Party Politics in War Issues," is an outspoken champion of war issues and a staunch Republican. He was born in Utah, and is largely interested in its most important industrial and financial institutions. His state has three times returned him to the Senate.

Anne Morgan, who tells "What Must Be Done in France," is the daughter of the great financier, the late J. Pierpont Morgan. Miss Morgan for several years, has identified herself with practical philanthropies in the interests of working girls. Since the war she has devoted her time and money in restoring parts of devastated France.

Corporal H. J. Burbach is a young American boy, who served with Pershing in Mexico, and was sent to France with the Rainbow Division. He was invalided home and for the first time tells his experience of "Six Days on the American Firing Line."

Mary Austin, is well-known to American readers, as the author of "Love and the Soul Maker"; "The Man Jesus" and numerous other books and plays.

Private Jack Evans of the 4th Canadian Mounted Rifles is a son of the Dominion and took his baptism of fire at Ypres, was gassed and taken prisoner and escaped after horrible and thrilling experiences. In his "Sixteen Months in a German Prison" he tells the story to THE FORUM readers.

Mrs. Henry Wade Rogers, who tells of "The Woman's Land Army," is Chairman of the Executive Committee of the Woman's Land Army of America, which has received President Wilson's endorsement. She is the wife of the eminent Jurist and writer, Judge H. W. Rogers.

The June Forum—"Speeding Up" Number

A MOST notable article upon the "**war energies of Congress,**" will be contributed by a United States Senator.

The President's attitude upon a question of international importance, will be interpreted and analyzed by one of our best known United States Senators.

Another Senator from the West deals with an issue, vital to the success of the war and American solidarity.

The "**Most Dangerous Man in Europe**" will be the subject of an article by a writer whose caustic pen has never found a more apt subject.

Out of the war's upheavel comes a new question of social importance that concerns the next generation. The subject is dealt with from a moral and psychological point of view by an eminent divine.

The excrescence of the "melting pot" has produced a sediment that clogs American life. It came over the seas with other of our organic ills and has fastened itself upon our body public. In a revealing article the June FORUM will present some startling facts that concern the thinking American citizen.

The GOVERNOR OF NEW YORK Will Contribute

A SPECIALLY WRITTEN ARTICLE FOR The June FORUM

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New Contributors in This Number

Governor Charles S. Whitman, of New York, is a national figure, and is regarded as Presidential timber. A native of Connecticut, a graduate of Amherst and New York University, he was Corporation Counsel and District Attorney of New York City. Governor Whitman's vigorous war policy has been a source of gratification to the nation.

U. S. Senator Warren G. Harding is a member of the Commerce, Naval Affairs and other committees of the Senate, and one of the recognized Republican leaders on the floor. He has been a firm and constructive supporter of the country's war policies and upon whom the Administration has leaned to considerable extent, despite contrary party affiliations. He is a newspaper editor by profession and has served as Lieutenant Governor of Ohio, and was prominently mentioned for the Republican Presidential nomination in 1916. He has been active in the enactment of nearly all the war bills, and has rarely indulged in criticism.

U. S. Senator Henry Cabot Lodge, of Massachusetts, is the senior Republican Senator, and has for many years vigorously served the nation in innumerable public capacities. As a writer, speaker, and legislator, he occupies a conspicuous place in the public eye and the world of letters.

Rev. Percy Stickney Grant, pastor of the Church of the Ascension of New York, as a publicist and advocate of the Church Forum, is a distinguished writer upon aspects of social and religious questions, as well as an author of note.

Senator Irvine L. Lenroot, since 1909, has been in the House of Representatives. He ran for United States Senator in his own State at the last election against Joseph E. Davies, the Democratic choice. Senator Lenroot is a self-made man. He began his career after a public school education as court stenographer, studied for the bar, and became Speaker of the State Legislature of Wisconsin before going to Washington.

Charles M. Schwab, the New Director General of the Government Emergency Fleet Corporation, is one of the most versatile and successful captains of American industry. A day laborer in the Carnegie Steel Works, he became head of the U. S. Steel Corporation, and subsequently the master of the great "American Krupps," Bethlehem. He is a fluent speaker, an accomplished musician and a master of men and steel.

U. S. Senator George E. Chamberlain of Oregon has been the prime factor in stimulating action in the War Department by vigorous recommendations and suggestions. He is the author of the Chamberlain bill for urgent military preparedness, and was called upon to defend himself on the floor of the Senate agianst the criticisms of the President. Senator Chamberlain is the author of the War Cabinet Bill, the idea of which has been carried out in the Overman bill. Though a Southerner by birth, he has long held political office in Oregon. He is a Democrat and was governor for two terms and has been in the U. S. Senate since 1909.

The GOVERNOR OF MASSACHUSETTS Will Contribute

A SPECIALLY WRITTEN ARTICLE FOR THE JULY FORUM